



Munding
an Aboriginal word
meaning Spinifex or
Long Grass

Burra
meaning People or Tribe
The origin of the
Townsville suburb
Mundingburra



RI President

Stephanie A. Urchick

District 9560 Governor

Andrew Gillespie

Club President

Peter Kaye

RCoM Vision Statement

"To become more visible within the community with a focus on diversity of gender and culture as a community service club whilst embracing the avenues of service of Rotary International".

"The 4 Way Test"

Of the things we think, say or do.

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

"Basic Education and Literacy Month"

Spinifex Edition "14 – 3rd October 2024 Mental Health Wellness

President's Message

It was wonderful to see some 60 people at our first club family night, which was beyond my expectations. Many thanks to Johnno who spent hours on the phone to encourage everyone to come.

The Board is interested in any feedback as to how we might enhance this event to make it appealing to everyone.

Many thanks also to Dr Alan for his presentation on allergies, a complex topic with some surprising facts.

I believe we need to address the issue of interrupting a speaker by leaving to collect our meals. Whilst Alan is a member and understood, it is quite rude not to stay seated during an address. I will raise this matter at our next Board meeting with a view to redesign meeting procedure.

We will have a family Christmas event at the Bowls club Sunday afternoon 15 December so please save the date, and I am reliably informed that Johnno will be visiting Santa's workshop when overseas shortly and will personally invite Santa to come to our Christmas function.

Our combined membership information night with the Melbourne Cup phantom call is on 31 October. Please save the date, which is sure to be a fun night, so bring your guest/s.

Another date is Guide Dogs canine carnival at Heatley Park on 26 Oct where we will have our toy stall. Hope you will come and support Guide Dogs Qld at that event.

The Mount Stuart project will have taken place by the time this goes to print. Thanks to everyone who participated under the guidance of Ron and Jonesy.

Have a great week

PK



Forward Roster Duties Plan

If you are unable to fulfill your rostered duty it is **YOUR** responsibility to find a replacement. Please notify Lyn of any changes. Meeting apologies to Attendance Officer: Jan Johnson janjohnson37@gmail.com or text to 0409 783 810 by 10 am on Mondays.

Date	Chair	Registration	Sergeant	Scribe	Intro	Thanks
3 rd Oct	J Beutel	Phil Gordon	B Barber	I Corney	L Svanosio	J Johnson
10 th Oct	S Smith	Phil Gordon	N/A	A Bosch	N/A	N/A
17 th Oct	M Day	Phil Gordon	R Lacaze	D Nutt	TBA	TBA
24 th Oct	G Luckel	Phil Gordon	A Nelson	B Robinson	TBA	TBA

Facts & Figures

Total Member Count: 40
Number Used for Attendance: 35
Leave of Absence: 4
Exempt Members: Nil
Honorary Members: 1 Tony Wode
Members Present: 27
Total Credits for Last Week: 0
Percentage Attendance for Last Meeting: 65.85%
Apologies: G Kenna, M Whitworth, G Luckel, J Hall
Visiting Rotarians: Nil
Club Guests:
Guests: 23 Guests

Coming Important Dates 29th Sept – 5th Oct

Member Birthdays
 Nil
Spouse/Partner Birthdays
 Nil
Anniversaries
 Dorothy & Graham Stephens – 6th Oct (51 Years)
Join Date
 Nil
Takings
 Registration \$820.00
 Sergeant \$59.40
 Raffle \$85.00
 Joker \$72 (Joker Jackpot **\$408.20**)

Partners & Guests are welcome to any meeting
 Meeting Times: 6pm for 6.30pm Start

Program & Coming Events

Date	Speaker/Facilitator/Topic Event	Venue
September	Basic Education and Literacy Month	
3 rd Oct	Mental Health Wellness - Wellways - Carman Delaney	Cutheringa Bowls Club
10 th Oct	Lift The Lid Night (Funny Hat Night)	Cutheringa Bowls Club
17 th Oct	TBA	
24 th Oct	Interact Club	Cutheringa Bowls Club

Townsville Rotary Market Roster -

BBQ Dates

29 th Sept	Sun	Willows Markets A/Co-Ord	?	Sun 29 th Sept	Bunnings Domain – Volunteers needed

“The Object of Rotary”

Is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First: The development of acquaintance as an opportunity for service;

Second: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian’s occupation as an opportunity to serve society.

Third: The application of the ideal of service in each Rotarian’s personal, business, and community life;

Fourth: The advancement of international understanding, goodwill, and peace, through a world fellowship of business and professional persons united in the ideal of service.



Week in Review

The meeting was held on time under Neil Andrews's Chairmanship who asked members to stand and recite the Rotary 4 Way Test.



This was followed by our esteemed Rotarian Phil Gordon, who asked the numerous guests to stand for a collective welcome from the members.

Chairman Neil then called upon the Club's President, Peter Kaye to address the meeting.

Presidents Opening Address

PK welcomed all members and guests on this Family night with President Lyn thanked Johnno for organizing the night and welcomed the throng with a joke involving a 3 year old reading in advance of his years. *(A lot of photos of Guests and membrs at the end of the bulletin).*



On a more serious note, the Club's Family Christmas party will be in air-conditioned comfort at the Bowls Club on December 15th with Santa in attendance.

Other forthcoming events include the clean-up work on Mt Stuart on Saturday, the combined Melbourne Cup and Membership night on October the 30th and the Canine Carnival at Heatley Park on the 26th.

Guest Speaker Segment

Alan's presentation on Allergies was introduced by David Nutt "the most wanted man on Bougainville".



Allergies, it seems, occur when the immune system reacts to allergens such as mites, drugs, etc. with Australian kids ranking world-high in allergies. As an example, 40 to 50% of children get asthma at some stage, some grow out of it, and others don't. And about 20% of the population gets asthma later in life.

There are numerous varieties of allergies such as atopy where hypersensitivity reactions such as eczema or asthma occur in a part of the body not in contact with the allergen. Some atopy is genetic and includes some with hay fever, eczema, and hives.

When an allergen contacts the body there may be a histamine reaction resulting in histamine intolerance where the body is unable to break down histamine, causing it to build up and cause problems. The allergens are commonly things such as peanuts, seafood and dairy foods. Celiac is an immune reaction to gluten in wheat and some other grains.

Obviously, known allergens should be avoided where possible. Some cures are simple, such as cold tea for dust mites. Others need anti-histamines, nasal sprays, and medicated eye drops.

Anaphylaxis can be a life-threatening acute hypersensitivity reaction causing a medical emergency due to the very fast massive systemic effect of such things as bee stings, peanuts, et and can be fatal. Treatment commonly requires adrenaline. Dr Alan showed various types of EpiPens; adrenaline auto-injectors used for self-administration of adrenaline in emergency treatment of anaphylaxis. Various types of allergy recognition are available but require medical intervention such as various skin and blood tests, immunotherapy, and others.

Further discussions were held on allergies in children, late-life allergies, reactions to penicillin and exposure therapy.

Ian Corney delivered our vote of thanks with acclamation.

.Reports:

Ron Degenhart discussed the Townsville Grammar Interact Club’s assistance to Timor Leste Interact’s request for English Language teaching, with children’s books being collected and sent to Dili with one of the students.

The Townsville Grammar School Interact Club ran a book drive to collect children’s English books for the Fatumasse School in Timor-Leste. On Monday 23rd September, the books were presented to the school

David Nutt advised that there are six volunteer spots to be filled at the Markets during November and December.

Katrina Davis had attended the Family Emergency Accommodation Townsville (FEAT) AGM and reported that our Club firmly acknowledged our support.

Ian Jones discussed the **Saturday 28th Mt Stuart** lookout work which required people to bring post-hole shovels, crow bars and water containers. The peace pole project, and Rotary’s 118 years of good works. *(Some last minute photos of the day).*





Sergent Session

Ian Jones, wearing the Sergeant Hat, got straight into fining members for not knowing a number of very dated past events.

Raffles were drawn results as follows:

- Red Wine: A79 Tim Leow
- White Wine: A01 Aloisia

President's Closing Reminders

President Peter thanked Chairman Neil, and reminded us of the Christmas Party on December 15th.

Joker Jackpot:

E44 was won by Ron Degenhart who picked the Six of Hearts.



Close of Meeting.

Chairman Neil closed the meeting with a toast to Rotary International.

Some of the other photos from the night

